

# NENH Revitalization Happy Hour

Now Tuesdays and Thursdays from 4 to 5pm!

During these hours all therapeutic boosts are \$5 off.

You do not need to be a patient of NENH to participate, nor do you need an appointment. Just come on by and select from our new menu!

## Nutrients

### Detox support (\$30)

Glutathione is a naturally-occurring antioxidant that allows the body to neutralize free radicals and eliminate toxins effectively. Glutathione is used to support symptoms of allergies, asthma, toxic exposure, neuro-degeneration and to assist with Detoxification Programs.

### Hair, Skin and Nails Support (\$35)

Dexapanthenol and Biotin are the building block of healthy external tissues and B12 and B complex provide the co-factors necessary for optimal strength. This boost has proved invaluable to those patients who are undergoing chemotherapy.

### Liquid Sunshine (\$25)

25,000 IU of Vitamin D to help get you through the winter blues. Ideal for sufferers of Seasonal Affective Disorder, those who have GI conditions that limit absorption of oral Vitamins and those who can't remember to take their Vitamin D supplements.

### Adrenal Support (\$35)

Contains methyl-B12, B Complex and B5 or Dexapanthenol. While the B12 and B Complex are working to boost energy, the B5 is nourishing the adrenal tissue and also has the potential to assist the body with histamine clearance. Histamine overload is associated with allergies, skin conditions, asthma and anxiety.

### Basic Bs (\$25)

A quick pick-me-up containing B12 and B Complex. If you have a big weekend or athletic event planned, use this therapy to prepare and/or recover.

### Allergy support (\$40)

This therapy can be used for season-specific or year-round allergies. B12 and Pantothenic Acid help the body to process histamine while B complex and glutathione support detoxification pathways. Allergy support is most effective when used weekly during high-allergen seasons.

## Homeopathics

### Heel® Engystol (\$35)

This Immune-booster can be administered at the first signs of a cold to fend off infection or during the midst of a cold to shorten the duration. Engystol can also be used preventively during cold and flu season on a weekly basis. Engystol is safe for children, elders and those with auto-immune disease.

### Heel® Spascupreel (\$35)

This muscle relaxant can be used to treat conditions associated with muscle spasms, including: menstrual cramps, Interstitial Cystitis, migraine headaches, abdominal pain, muscle pain and bronchial asthma. Spascupreel can be injected into the arm for full body support or to the muscle spasm directly when appropriate.

### Heel® Calmavera (\$35)

This calming homeopathic is a gentle, non-sedative treatment option for stress and anxiety. Calmavera is gentle enough for use with children and elders and can be used in combination with other natural and pharmaceutical treatments for anxiety and panic attack disorders.

### Heel® Arnica (\$35)

The most gentle of pain treatment methods, Arnica is a valuable alternative to NSAIDs and other anti-inflammatories. It can be injected into the arm for full body support or directly to the area of pain when appropriate. Arnica is especially useful for acute injuries and surgeries to speed healing time and reduce bruising, swelling and pain.



New England  
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